

**GLASGOW  
SUPPORTERS  
GROUP**



## **SPONSORED WALK – Forth and Clyde Canal from Balmore**

**SATURDAY SEPTEMBER 29<sup>TH</sup>, 2018**

This is our twentieth annual walk! We hope lots of you will join us.

We will walk from Balmore along a good path by the golf course to join the Forth and Clyde Canal at Cadder, then follow the canal to Kirkintilloch (picnic/snack thereabouts) and return the same way. We can choose our turnaround point to suit whatever distance we prefer but suggest a total of 10kms.

Meet at 10.30 in Balmore where the track leaves the road in the middle of the village (260400, 673400).

Bring a picnic lunch to eat on the way.

Further details and sponsor forms available from Daphne Wassermann, Tel 0141 357 0396 or 07595 281 882 on the day.

We always welcome additional walkers, with or without sponsorship.

### **WHAT IS PRACTICAL ACTION?**

Practical Action, formerly known as ITDG, was founded in 1966 by Dr E F Schumacher, author of *Small is Beautiful*. Practical Action helps local people to improve their quality of life in a sustainable way by developing tools and machinery that use the best of local knowledge, skills and resources.

Examples include:

- Micro-hydro schemes for electricity generation
- Solar energy for cooking and crop drying
- Energy efficient cooking stoves
- Food production and processing
- Rural transport using locally manufactured bicycle trailers
- Earthquake resistant housing
- Light engineering
- Mining

Practical Action concentrates its work in Bangladesh, Kenya, Nepal, Peru, Sri Lanka, Sudan and Zimbabwe.

By raising funds for our work you too can help make a difference to the everyday lives of poor communities - a difference that is real and lasting.

For more information on our work please visit our web site - [www.practicalaction.org](http://www.practicalaction.org)

# SPONSOR FORM

**Name of walker:**

**Address:**

Please bring sponsor money on September 29<sup>th</sup> or send cheques to Daphne Wassermann, 51 Westbourne Gardens, Glasgow, G12 9XF. Cheques should be made payable to **Practical Action**.

Alternatively you may set up a page via JustGiving or a similar sponsorship website.

**IN ORDER FOR US TO RECLAIM GIFT AID ON YOUR DONATION THE ADDRESS AND DATE AMOUNT GIVEN COLUMNS MUST BE COMPLETED ON THE SPONSORSHIP FORM**

<b>FIRST NAME, SURNAME In full</b>	<b>ADDRESS (if you are eligible for Gift Aid please provide your full HOME address and POSTCODE for us to reclaim the tax)</b>	<b>AMOUNT PER MILE</b>	<b>OVERALL AMOUNT</b>	<b>GIFT AID IT (please tick)</b>	<b>DATE</b>	<b>PAID</b>

**To be completed by the charity:**  
Total amount of Gift Aid Donations:

Date reclaimable monies received  
X20/80                      Tax                      Total Donations:

If I have ticked the box headed 'Gift aid it', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown.

I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and I donate to, will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify.

I understand the charity will reclaim 25p of tax on every £1 that I have given. The tax reclaimed will be used to fund the whole of Practical Action.